

Binghamton Outdoors!!!

Newsletter of the Binghamton Chapter of the Adirondack Mountain Club (ADK)

Volume 6, Number 2 Summer 2013

3rd Annual Summer Picnic June 11th!

Binghamton ADK's 3rd Annual Welcome Summer Picnic will be **Tuesday, June 11th at 6 PM**, at Chenango Valley State Park, Tween Lakes Shelter. There is no admission required to get into the park. Bring your own place setting, a dish to pass, we will have a grill going if you want to bring anything to cook on the grill. The club will provide beverages. All are welcome, bring family and friends. We would love to hear what you are planning for the summer!

A Message From Your Chapter Chair

Summer is approaching, but we are not done as a club. Our third annual summer picnic is approaching. Last year we saw a bunch of new faces. Please come out and introduce yourself. It is a fun way to meet local chapter members. We do tend to get a bit quiet as a club during summer. So, I am pleased to reflect on the four author presentations this winter. We had excellent turnout and great presentations. Larry Weill is already scheduled for October 8. Please contact us with presentations you would like to see.

This fall I will lead my first outing in the Adirondacks. I expect I will also schedule something in the Catskills later in the fall. Dave Martin is again leading his trip to Grace Camp in the winter. This trip has always filled up. We are fortunate to have an experienced winter hiker organizing and leading this outing. Thanks Dave.

Also, we recently had some new outings leaders. Don Powell led a very successful local hike, Lindsey Leiser took a couple of our members on a Catskill Bushwhack, and Bruce Coon led a Catskill hike. Thanks guys.

In the meantime, enjoy your summer. Oh yeah – if you do something really cool, come and present it to the group one month.

Mark Epstein

PS: It's not too early to think about your 2014 calendar! Don't forget to reserve your spot/send in your deposit for **Dave Martin's renowned Grace Camp Winter Hike!** See the Outings schedule for details and get your reservation into Dave Martin: 607-237-3164 or dwmartin@stny.rr.com

From the Outings Chair

We have had several successful club hikes over the past few months such as a bushwhack to remote peaks in the Catskills (I REALLY wish I could have made that one), a hike to Fir Mountain in the Catskills, and a nice hike in a nature preserve in Pennsylvania. Summer frequently brings opportunities for new hikes locally, in the Catskills and the Adirondacks. Please look for any upcoming hiking or paddling offerings we have planned and please call me with questions or if you would like to lead an outing.

Additionally, please be on the lookout for our questionnaire on what kind of hikes and activities you (our members) would like to see us offer. Please take a moment to answer so we can strive to provide the opportunities you would like. From the responses we get I would like to look into the possibility of creating specific lists of people who are interested in certain hikes and outings so that we can work to target communications of upcoming plans to you.

I would encourage you all to join in one of our club hikes and consider becoming a trip leader. As always outings are for your enjoyment so if you have an outing you are interested in let us know, or if you would like to find out more about becoming a trip leader, Contact Pat Connors, 607-625-4078, pat_connors_ny@yahoo.com, or Donna Coon 607-445-4003, coledonnarn@yahoo.com

Outings and Meetings Schedule

June 11, 6PM. 3rd Annual Welcome Summer Picnic at Chenango Valley State Park, Tween Lakes Shelter.

June 14-16: ADK Spring Outing in St. Lawrence County. The Laurentian Chapter is pleased to announce “Spring in the North Country”, the 2013 ADK Spring Outing. The event will be based out of the campus of State University of New York at Potsdam, where inexpensive accommodation will be offered in student residences. A barbecue supper in nearby Lehman Park and a buffet-style banquet will be available at reasonable cost.

We have planned a wide variety of outings, including hikes, paddling trips, road cycling, mountain biking, and more. The area is the St. Lawrence River Valley and the north slope of the Adirondacks. It includes lakes and rivers, waterfalls, small to medium-sized mountains, and a variety of cultural attractions. Children and young people will be especially welcome. We can look forward to a performance of folk songs on Friday by chapter member and singer/songwriter Jamie Savage (www.jamiesavage.org) and a concert on Saturday evening by Adirondack folk musicians Dan Berggren, Dan Duggan, and Peggy Lynn (the latter will be in the Snell Music Theatre, the performing venue of the Crane School of Music). Astronomer and chapter member Jeff Miller will put on a planetarium show on Friday entitled “A Celestial Tour through the North Country Sky”.

Non-members as well as members of the ADK will be welcome. A registration cost of \$25 per person (\$10 in the case of trip leaders and \$5 for children and youth under 18) will be the only mandatory cost. Meals, accommodations, and concert tickets are options. If you have questions, please contact John Barron, (613) 828-2296 or johnbarron@sympatico.ca. For late-breaking news, visit our blog at <http://adkspringouting2013.blogspot.com/>

Aug 2-4 Fri – Sun. Camping Weekend at Cedar River Flow Wilderness Camping, Moose River Recreation Area, near the town of Indian Lake. Various activities available depending on interest including a hike to Wakely Mountain Fire Tower, Paddle to Lean-to at Cedar River Flo inlet, hiking on Northville Lake Placid Trail, or Biking on little traveled dirt roads. Contact Donna Coon 607-445-4003, coledonnarn@yahoo.com, or Howie Thompson, 607-639-2198, hthompson@bgcsd.org

July 15-25: St. Regis Paddle Outing. PADDLE IN THE ST. REGIS CANOE AREA THE LARGEST WILDERNESS CANOE AREA IN THE EAST

The St. Regis Canoe Area is the only designated canoe area in New York state, and with 18,000 acres of 58 ponds, the area is a paddlers' dream. The area is noted for its clear spring-fed ponds, short canoe carries and tranquil beauty. The entire area is closed to all motorized forms of transportation so the best way to enjoy all of the ponds is by use of a pack canoe, ultra lightweight canoes that can be easily transported between the many waterways linked by "carries."



Aug. 11: ididaride! Adirondack Bike Tour. The ride is all on road, wide shoulders for much of the route. You'll ride through some of the most beautiful scenery – cutting right through the central Adirondack Mountains, most of which is public Forest Preserve land. We'll cycle through the towns and hamlets of Bakers Mills, Wells, Speculator, Sabael, Indian Lake, North River, and back to North Creek. Your ride will take you alongside Mason Lake, Lewey Lake and Indian Lake. A long descent begins in the hamlet of Indian Lake and meets the Hudson River in the hamlet of North River with a relatively easy ride into North Creek. The entire distance along Route 30 and Route 28 to North Creek is designed for the bike enthusiast, with designated bike routes marked on the wide road shoulders.

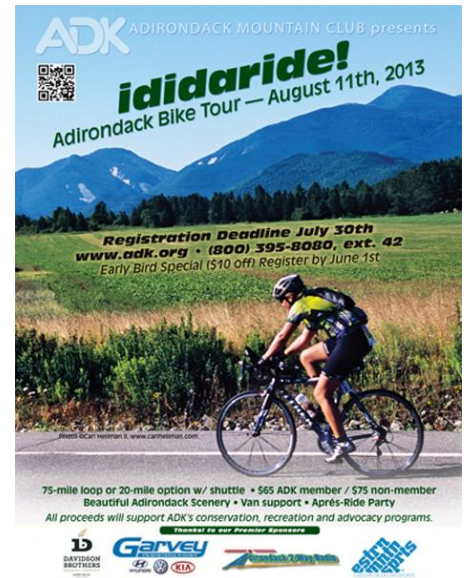
Total elevation gain for 75 mile loop = 6,840 ft.

Total elevation gain for 20 mile loop = 1,340 ft.

Registration began March 15. Refer to

<http://www.adk.org/page.php?pname=ididaride-prepare>

for information on how to prepare!



September 23, Monday - Rocky Ridge Peak, Giant Mountain in the Adirondacks. Leader: Mark Epstein: Thus far, I have only led local or Catskill hikes. The idea for this was instigated by Pat Connors who had heard much of the views from this hike, and thought it would be an excellent outing during foliage season. Hopefully the weather complies.

It will be a through hike and we will have to figure out ferrying logistics. Tentative start time at 7:00 am. We will leave the Parking Area on Route 9 near New Russia and cross Bald Peak, and Marie Louise Pond on the way to Rocky Ridge Peak. Then we will hike to Giant Mountain and descend the trail to Roaring Brook Falls. Most hike Giant via the Zander Scott Trail. I figure the trail to Roaring Brook Falls will offer our group a new perspective.

So for all the hikes I have led are such that most any hiker was welcome. This one is really suitable only for strong experienced hikers. While the mileage is not terribly long (8.3 miles), the elevation gain is 5,156 feet (great than is found hiking Wright, and Algonquin and Iroquois or greater than hiking Marcy and Skylight). I expect it will be a full day.

RSVP to Mark at mepstein@stny.rr.com. Let me know if you are interested in carpooling. I will connect all those hikers by e-mail. I will be driving alone to the Adirondacks late Sunday night as I have plans Sunday, and will be doing some other hiking during the week and making a stop near Albany on the return.

Oct. 19: Fall Trails Day, High Peaks Wilderness. This is the last chance to clean drainages of fallen leaves and other debris before the snow arrives. Trails located in the Adirondack High Peak Region will be focused on. FREE - no participation fee, donations appreciated. To register, call 518-523-3441

January 24-26, 2014 Grace Camp, Winter Hiking in the Adirondacks High Peaks Area

Leader: Dave Martin, 607-237-3164, dwmartin@stny.rr.com. Contact Dave for further information. Open to ADK Members. Sign up early to reserve your spot. Total cost \$62. Deposit \$30.

Binghamton ADK 2013 Meetings

Please mark your calendar for these upcoming Chapter meetings. **Meetings are the 2nd Tuesday of the month at 7 PM in the Chenango Town Hall Community Room unless otherwise indicated.**

Chenango Town Hall Community Room
1529 State Route 12
Binghamton, NY 13901-5504

- | | |
|------------------------|--|
| June 11 | Chapter Picnic at Chenango Valley State Park |
| July and August | NO MEETINGS, enjoy your summer |
| September 10 | Program and location TBA |
| October 8 | Larry Weill, author and avid naturalist |
| November 12 | Chapter Elections |
| December 10 | 2013 Holiday Party |

Here is additional information about upcoming 2013 meeting programs:

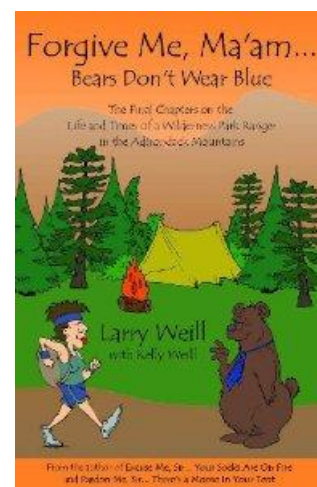
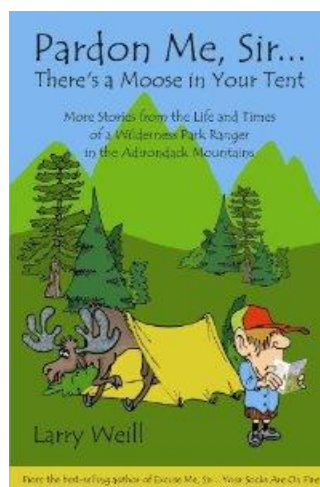
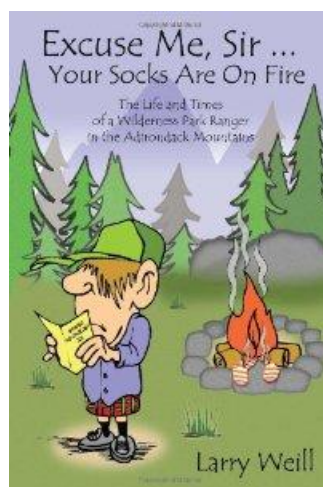
October: Larry Weill, author of

Excuse Me, Sir... Your Socks are on Fire (2005)

Pardon Me, Sir... There's a Moose in Your Tent (2007)

Forgive Me, Ma'am... Bears Don't Wear Blue (2009)

Larry also has a new book of fiction, and will present at our October meeting. Larry Weill's career life has



been as diverse and interesting as the characters in his books. He has studied biology and entomology, and is an avid naturalist. He has worked as a Wilderness Park Ranger, a fire-tower observer, a financial planner, a technical writer, and a career Navy Reservist. Larry is a lifelong devotee to the mountains, and he loves the Adirondacks. He lives in Rochester, NY, with his family, and they frequently hike and climb in the Adirondacks.

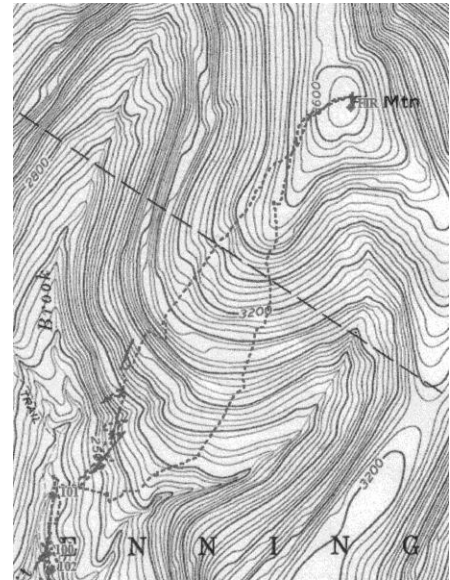
Meeting and Outing Reports

On April 13, Saturday, Six hikers left my place of business at 9am for the Catskills. I was surprised by the interest in this bushwhack to a viewless summit. Three other hikes expressed interest but ultimately had other obligations. As it was we all barely fit into my van. I had three veterans to my outing, and two rookies.

We made good time to the trail head on route 47. We left the trail after the first large stream that is indicated on the map, and had to make a slight course correction near the summit. Our path back was a bit more easterly and we visually corrected to the west when it became apparent we were headed off a ridge and into a stream bed.

We chose a different route home to visit The Inn-Between for dinner, but on the way, we noticed The Peekamoose Restaurant and Tap Room open for business. I had noticed the business for years, but have never driven by when it was open. My dinner of beef ribs and local draft beer was excellent. Perhaps my best meal in the Catskills!

Thanks everyone for joining me, Mark Epstein. Picture on right shows the GPS bushwhack tracks to the summit!



April 27, Saturday- Windham Catskill High Peak. Leader Bruce Coon and Ben Loughridge had a great and fast hike/ascent. Great weather, left at 7AM and we were back at the Wegmans parking lot by 3pm. Check out these summit photos!



May 4, Saturday - Woodbourne Preserve. From Don Powell: Saturday nine of us had a delightful hike in this wildlife sanctuary. The weather was perfect. We circumambulated the pond, and covered about five miles on the well-marked woodland trails. We were amazed at the structural prowess of the beavers at their 30 yard dam. We were too early for the blooms of the May apples; however, the crimson trillium and violets were blooming. The sarvice trees were out in full splendor. We wondered at the age of the magnificent hemlocks. Someone had taken the time to mark the rings of a felled giant with push pins. Although barely 28 inches in diameter it had been a seedling in 1801. With me today were Anna S., Nancy J., and 3 couples: Vanderbles, Coon, and Miller.



On May 14th Marty Podskoch presented highlights of his book "Adirondack Civilian Conservation Corps Camps: History, Memories & Legacy of the CCC." Marty spent five years researching the CCC, a public works program that operated from 1933 to 1942 as part of FDR's New Deal. The CCC updated and reforested our parkland until WWII. Much of their work is benefit by us today, below are two pictures from this excellent presentation.



On May 18, 19, 20, a group of nine backpackers hiked 4 miles to Tirrell Pond Lean To for a wonderful overnight at Tirrell Pond, and then on to Silver Lake. Saturday was a warm day and we experienced a very early hatch of black flies that bothered us a bit! After the lean to maintenance was completed at the crowded Tirrell Pond Lean To, we decided to camp at O'Neill Flow Lean To and had a wonderful evening there! Howie and Julie Thompson, Julie's sisters Lisa and Mary, Donna and Bruce Coon, Dave Warne, Chris Hopkins and Ken Jackson shared some great bear stories, experiences and wine! On Sunday we all hiked out and Dave, Chris, and Ken continued on and hiked 7.5 miles to Silver Lake Lean To for a 2nd overnight and lean to maintenance. Saturday's entire hike into Silver Lake was in the rain...the trade-off was no black flies! Kudo's to Dave for having fire starters that worked great with very damp wood! Weather on the hike out from Silver Lake on Sunday was much nicer, and a lunch of burgers at Raindancer restaurant in Amsterdam wrapped up the trip in fine fashion!



From The Communications and Membership Chair

Are you receiving 'ADK Today' via email, and chapter messages from our BinghamtonADK Listserv? If not we need an updated email address from you! Please send your current email address to kenjny@stny.rr.com . Here are the ways you can find out the latest activities and happenings with your Binghamton ADK Chapter:

WWW.BINGHAMTONADK.ORG Check out our chapter web site for the latest information and pictures! This is the place to find the latest Chapter activities. Would you like to post a picture or article on our chapter website? If so contact our webmaster Terri Gracin at bingadkweb@gmail.com

BINGHAMTONADK Yahoo group listserv: <http://groups.yahoo.com/group/BinghamtonADK/> Chapter email communications tool. If you did not provide an email address with your membership and would like to be included, please send an email to kenjny@stny.rr.com

CHAPTER NEWSLETTER. We hope you find this newsletter informative. Please send feedback/suggestions to kenjny@stny.rr.com

FYI...Our Chapter now has 183 members! Thank you for your support of ADK! Welcome to new & rejoined chapter members: Joy Crandall, John Lavin, Marjorie and John Telfer, David Wilson and Jane LaBonte, Craig McGowan, Robert Clarke, Jessie Cornell, Joan Davis, Barbara Hemedinger, Deborah Lockwood, Rick and Jan Marsi, Mark and Leslie Meyers, Luanne Vallese

ADK is on Facebook

* Find the ADK at www.facebook.com/AdirondackMountainClub

* Find the Binghamton Chapter at <http://www.facebook.com/group.php?gid=354287586956>

Chapter Equipment for Rent

Have you ever wanted to try a new outdoor activity but did not have the equipment you needed to try it? Specialized equipment can be expensive, so consider renting. **The Chapter has 4 pairs of Crampons and 2 pairs of Microspikes available for rent at a rate of \$5 per week.** Crampons are necessary equipment for winter hikes in the Catskills and Adirondacks to traverse ice that is frequently found on trails. Microspikes are increasingly viewed as necessary equipment for late fall/early winter and early spring when snow or ice conditions make snowshoes and crampons poor tools of travel, yet bare booting becomes precarious. The Chapter Equipment / Rental policy is available on the Yahoo Group listserv and the web site. Contact Outings Chair Pat Connors at pat_connors_ny@yahoo.com to rent items or for more information.

Chapter Opportunities – Open Office Positions

You can help serve your local ADK Chapter! The following positions are open: **Program, Conservation, and Hospitality.** If you are interested or know someone who is interested in any of these positions contact Mark Epstein at mepstein@stny.rr.com or Donna Coon at 607-237-6311. A brief description of the responsibilities of the open positions:

Program – Coordinates chapter meetings / programs / dates / locations using input/ideas from the membership

Conservation – Coordinates chapter conservation education / service projects using input/ideas from the membership

Hospitality – Coordinates refreshments and welcoming activities at chapter events

ADK COMMUNITY NEWS AND INFORMATION

Help us create a **new Wilderness Area that will protect the Upper Hudson River & Essex Chain Lakes**

ADK needs you to attend a public meeting in your area and/or write a letter or email and send by July 19 to show your support for "Alternative 1A," a new Wilderness Area that provides public access to the Essex Chain Lakes and the Hudson River.. The Adirondack Park Agency (APA) is taking public comment until July 19, 2013. Eight public hearings will be held on this important issue. It is vital that ADK members speak up at and write in support of Alternative 1A. Alternative 1A is in response to the Department of Environmental Conservation's (DEC) and APA's classification proposal for this tract. **Alternative 1A creates a 38,500 acre Wilderness Area, keeps the 10 ponds and lakes of the Essex Chain as a motor-free area, and protects 22 miles of the Hudson River between Newcomb and the confluence of the Indian River.** What You Can Do: Send comment letters to:

Mr. James Connolly, NYS Adirondack Park Agency

PO Box 99, Ray Brook, NY 12977

Fax: 518-891-3928, Email: apa_slmp@gw.dec.state.ny.us

Aquatic Invasive Species Update

ADK has a strong history of defending water bodies in the Adirondacks and across New York, whether that threat comes from power plants causing acid rain or from hydraulic fracturing. Today, another culprit threatens New York's invaluable water resources: Aquatic Invasive Species. While most nonnative species introduced into foreign water bodies fail to reproduce and establish a community, some hardy species can thrive in a variety of climates and ecosystems. Where they flourish, they often overtake native species, reduce biodiversity, and alter the environment. Many aquatic invasive species were introduced via shipping in the Great Lakes. From there they have spread to inland waters through the overland transport of boats and recreational gear. Invasive zooplankton often gets tangled in fishing lines, lures, and poles. Plant materials, animal species, and eggs can hitch rides on boats and boat trailers. Illegal stocking, home gardening, and aquarium dumping can also spread invasives.

Aquatic Invasives in the Adirondacks

Two of every three waters surveyed in the Adirondacks are free of invasive species, but there is cause for concern. In the summer of 2012, the spiny water flea was discovered in Lake George. Alewife, white perch, zooplankton, and zebra mussels are some of the nonnative animal species threatening Lake Champlain. And harmful plant invaders, such as hydrilla, pose a major threat. Hydrilla, known as "the almost perfect weed," has invaded 29 states, including Massachusetts, Connecticut, Pennsylvania, and New York. Though it has not made it as far north as the Adirondack Park, hydrilla has caused problems for native species downstate and in the Ithaca area.

What Needs to Be Done

ADK believes that prevention is the best way to fight aquatic invasive species from spreading to Adirondack lakes and ponds. That is why we recently signed on to a letter to Gov. Cuomo supporting the Lake George Park Commission's proposed mandatory boat inspection and washing program to keep aquatic invasive species out of Lake George. The Department of Environmental Conservation (DEC) has opposed the program, arguing it would not be worth the \$700,000 annual cost. ADK also continues to urge DEC to maintain boat-washing stations at boat launches. Boat-washing stations equipped with high-pressure hoses can remove about 80 percent of plant fragments and 90 percent of small-bodied organisms from boats and trailers. Low-pressure washing, combined with hand removal, is only 63 percent effective at removing vegetation and 75 percent effective at removing small-bodied organisms. ADK is also committed to ensuring that there are adequate resources to fight invasive species with money from the Environmental Protection Fund (EPF).

ADK Guided High Peaks Day Hikes and Trailless Peak Backpacking Trips

Call **518-523-3441** to register for a program.

High Peaks Day Hikes

Whether you are working on your 46, uncomfortable approaching the High Peaks on your own, or just looking for a great hike in the mountains, these one-day guided trips are for you. We'll discuss safe low-impact travel, route selection, off trail navigation, and the rich natural history of the Adirondacks. All hikes are strenuous and will require a full day of hiking. Cost: \$59/\$65 (Member/Non-member), includes guide and instruction.

Esther (4240 ft), 6.6 miles, **July 27, September 9, October 7**

MacNaughton (4000 ft), 15.8 miles, **July 15, August 3, August 26**

Macomb, South Dix, East Dix & Hough (4,012 ft - 4,405 ft), 12.5 miles, **June 24, August 5, September 7**

Mt. Marshall (4,360 ft), 17 miles, **June 30, August 12, September 23**

Seward, Donaldson & Emmons (4,040 ft - 4,361 ft), 15 miles, **July 8, September 30, October 19**

Seymour (4,120 ft), 14 miles, **July 20, August 19**

Street (4166 ft) & Nye (3895 ft), 9 miles, **July 22, August 4, September 16**

Tabletop (4427 ft), 9.8 miles, **June 29, July 29, October 14**

Trailless Peak Backpacking

These trips are designed for those who have experience hiking and backpacking and who are looking for guided backcountry experience in pursuit of climbing the summits of the High Peaks. The group will hike into a base camp from which they'll be guided up the "trailless" peaks. These courses will be a cooperative group camping experience led by a NYS licensed guide with the shared responsibility of camp chores, cooking and decision-making. Cost: \$169/ \$186 (member/ non-member); includes instruction, meals and use of group gear.

Allen (4340 ft), 16.6 miles, **July 19-21, August 31-September 2**
Cliff & Redfield, 18 miles, **June 21-23, August 2-4, September 13-15**
Dix Range (4857 ft), 21.5 miles, **July 5-7, August 16-18, September 27-29**
Santanonis (3820 ft - 4607 ft), 17.5 miles, **July 26-28, September 6-8, October 11-13**
Sewards (4361 ft - 4040 ft), 21 miles, **June 28-30, August 9-11, September 20-22**
Skylight (4924 ft) & Gray (4840 ft), 17.5 miles, **July 12-14, August 23-25, October 4-6**

2013 ADK Education Programs:

High Peaks Information Center (HPIC) Lecture Series. The Saturday evening lectures at the HPIC begin at 8 p.m. All programs are free and open to the public.

June 15: The Coincidental Traveler: Adventure Travel for Budget Minded Grown-ups

Authors and world travelers Rob and Jaki Roy of West Chazy, NY, will share simple workable travel strategies gleaned over a life-time; strategies for creating exceptional travel experiences by cultivating coincidences. Come learn from these world travelers so that you can have traveling adventures of your own.

June 22: Called Again: A Story of Love and Triumph

Jennifer Pharr Davis will recount stories of hardship and joy from her 46-Day Record on the Appalachian Trail. As great as her athletic accomplishment is - averaging 47 miles per day, audience members may be more impressed by her Jennifer's positive attitude and her husband's support than their ability to overcome shin-splints, sleet and sickness. "Called Again" is a testament that the outdoors is available to everyone at every phase of life. According to Jennifer, the value of a journey is not found in how far, or how fast, one travels - but in the lessons learned, relationships formed, and memories made along the way.

June 29: Natural History of Black Bears

Join NYS DEC Wildlife Technician Ben Tabor for an exploration of New York's black bear population. The bear evokes fear, wonder, and awe in those who encounter it, but do we fully understand this complex animal? Find out more about the bears of the Adirondack Park. He will talk about the life cycle, behaviors, and habitats of bears. You will also learn how you can live conflict free in bear country. Photo Credit: MorristownNPS

July 6: The Rustic Riders

Join The Rustic Riders, an Adirondack based acoustic group, play original music with traditional roots. Lisa Meissner's original songs explore our journeys with others, our world and creation. Sometimes they get you dancing and singing; other times they invite you to pause, reflect and renew. They are filled with her experience of music from many peoples, times and places and they move the spirit to new understanding.

July 13: Environmental and Health Risks of Hydrofracking

Hydrofracking is a controversial method for extracting natural gas from shale in wells drilled deep underground. It uses pressure and high volumes of water mixed with some hazardous chemicals to crack shale and release the gas, and produces toxic, radioactive wastewater as well as air pollution. It has been used in nearby Pennsylvania for several years but has been on hold in New York while the environmental and health impacts are assessed. Join David Kowalski as he describes what hydrofracking is and the risks that are involved with it.

ADK Skills Workshops

See: <http://www.adk.org/page.php?pname=workshops-skills> for more information. Programs are conducted at the Heart Lake Program Center in Lake Placid, or at the Services Center in Lake George

Map and Compass Fundamentals, July 7, 2013

This course offers an introduction to the fundamentals of map reading, identification of terrain features, compass use, and triangulation. Once learned, these skills will enable participants to feel more confident with backcountry travel. Cost: \$65/\$72 (Member/Non-member), includes instruction and use of materials.

Garden Baskets, July 14, 2013

Create your own Garden Basket with Clear Creek Weavers. Weave your own basket from start to finish during this full-day course, as skilled craftspeople will take you through step-by-step instruction. You'll leave at the end of the day with a beautiful basket and a sense of accomplishment!

Paddle Making Workshop, August 2, 2013

Create your own wooden canoe or kayak paddle with Caleb Davis from Tremolo Paddles. During this full-day course, Caleb will take you through the step-by-step instructions on how to make your own paddle. Cost: \$125 /\$135 (Member/ Non-member)

Adirondack Pack Baskets: August 4 (HLPC) December 8 (Lake George) December 15 (HLPC)

Create your own traditional Adirondack Pack Basket with the owners of Clear Creek Weavers, Bud Ziolkowski and Sandy Muller. During this full-day course, skilled craftsmen will take you through the step-by-step instruction to weave your own pack basket from start to "skids". You'll leave at the end of the day with a beautiful basket and a smile on your face! Cost: \$70/75 (Member/Non-member) small. \$80/85 large; includes instruction and materials.

Survival Skills, August 16-18, 2013

This three-day course will discuss survival philosophy, and teach navigation, fire-making, signaling, making cordage, finding and purifying water, wild edibles, tracking, trapping and fishing, constructing shelters, and more. This course will be taught by Bobby Plude from Wilderness Survival Systems and Equip2Endure. Bobby has worked alongside the country's best-known survival experts, and regularly conducts training for the US military including the Navy SEALs. He's has been teaching survival skills for over 25 years. Cost: \$250/\$275 (Member/ Non-member), includes instruction and materials.

Map and Compass Bushwhack, October 19-20, 2013

This is a great refresher course or a good place to learn the basics of map and compass skills. The first day will be an introduction to the fundamentals of map reading, compass use, triangulation, and identification of terrain features. On day two, participants will put their new found skills to the test with a guided bushwhack in the Heart Lake area. You'll go home with much more confidence in your ability to use a map and compass when it really counts! Cost: \$90/\$99 (Member/Non-member), includes instruction and use of materials

Wilderness First Aid, November 16-17, 2013

This in-depth course with Wilderness Medical Associates teaches students how to deal with medical emergencies when they are miles from help. The classes offer hands-on scenarios and lecture structure, through which students will learn to assess patients and become certified in wilderness first aid, CPR, and anaphylaxis training. Class time will be spent both inside and out. Cost: \$240, includes instruction and materials. Package: \$325, includes instruction, materials, meals, and lodging for 2 nights.

ADK Books, Maps, and Gear

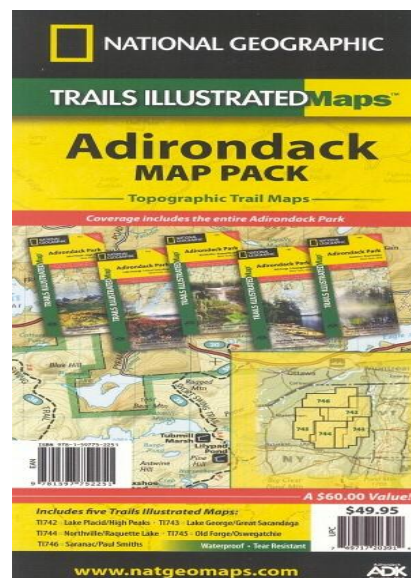
Did you know...when you shop the Adirondack Mountain Club's catalog, profits from your purchases support our three-fold mission of conservation, education, and recreation! ADK members receive a **20% discount** on ADK publications and a **10% discount** on ADK logo wear and gear. Browse your ADK Online Store at: www.adk.org for great guide books like these:

Adirondack Map Pack (5)

Five maps covering the entire Adirondack Park. A five-map set covering the entire Adirondack Forest Preserve. Includes Trails Illustrated maps:

- 742 Lake Placid/High Peaks; and High Peaks Trails
- 743 Lake George/Great Sacandaga; and Eastern Trails
- 744 Northville/Raquette Lake; Central Trails
- 745 Old Forge Oswegatchie; Western Trails
- 746 Saranac Paul Smiths. Northern and High Peaks Trails

Produced by National Geographic and ADK. Member price \$44.96.



Address Label

Subscription to this newsletter is included in membership in the Binghamton Chapter of the Adirondack Mountain Club. It is available to the public and to non-chapter members for \$5 per year. Contact Ken Jackson at (607)341-1584 for more information.

Binghamton Chapter Officers and Committee Chairs

Chair: : Mark Epstein
798-9115 mepstein@stny.rr.com

Director, ADK: Donna Coon
445-4003 coledonnarn@yahoo.com

Outings chair: Pat Connors
625-4078 pat_connors_ny@yahoo.com

Vice-Chair: Brooks Getty
757-9427 brooksgetty@gmail.com

Program Chair: Open
(your name could be here!)

Communications/Membership
chair: Ken Jackson
341-1584 kenjny@stny.rr.com

Secretary: Bruce Coon
445-4003 coonbsr@stny.rr.com

Conservation chair: Open
(your name could be here!)

Hospitality: Open
(your name could be here!)

Treasurer: Elaine Gregory
775-0952, cricket46@echoes.net

Webmaster: Terri Gracin
bingadkweb@gmail.com

Adirondack Mountain Club annual membership dues are \$50 for individuals and \$60 for families (other membership levels are available, including seniors and students). Benefits of membership include:

- discounts on ADK workshops and programs
- invitations to member only outings and extended trips
- 20% discount on ADK trail guides, canoe guides, maps, books and calendars
- Adirondac Magazine six times a year
- discounts on ADK merchandise
- reduced rates at ADK facilities: lodges, leantos, cabins, and campgrounds
- membership in one of ADK's 27 chapters throughout the Northeast

For more information go to www.adk.org or call 800-395-8080